

HYPOTHERMIA

1. Follow DRABCD.
2. Remove casualty to warm, dry place.
3. Protect casualty:
 - Protect casualty and yourself from wind, rain, sleet, cold and wet ground.
4. Avoid excess activity or movement.
5. Maintain casualty in horizontal position.
6. Remove wet clothing.
7. Warm casualty:
 - Place between blankets or in a sleeping bag, and wrap in space blanket or similar.
8. Cover the head to maintain body heat.
9. Give warm drinks if conscious:
 - do not give alcohol.




SIGNS & SYMPTOMS

When body temperature falls, early warning signs may include:

- feeling cold
- shivering
- clumsiness and slurred speech
- apathy and irrational behaviour
- heart rate may slow.

WARNING

 **Call 000 for an ambulance** if level of consciousness declines, shivering stops, or pulse is difficult to find. Use any other available forms of warming except direct radiant heat.

Carry the **Off Road (4WD)** first aid kit on camping and caravanning holidays. This kit contains an **Emergency Shock Blanket** suitable for helping prevent and treat hypothermia. Call St John on 1300 360 455 for further information about the full range of first aid kits available.